



## EXERCISES FOR REGENERATION AND RECOVERY

AA Is an inflammatory disease that damages the arachnoid membrane and cauda equina nerve roots. In addition to medications, some exercises will help damaged tissues regenerate and recover. Back muscles and tissues may contract due to pain and spinal fluid seepage.

Our studies and observations of persons with adhesive arachnoiditis (AA) tell us that progressive foot and leg paralysis as well as bladder and bowel dysfunction may develop unless some specific exercises are done each day.

### LEG AND ARM EXERCISES (Stand while doing these exercises)

1. Stretch arms straight up and hold for 5-10 seconds. Repeat 3 to 4 times.
2. Raise one knee and leg at a time and hold for 5-10 seconds.
3. Flex your ankle and foot 5-10 times. Can repeat several times a day.
4. Walk with arms swinging only as far as energy will allow. Don't overdo.
5. Stand straight up with legs together. Look slightly upward for 10 seconds (military attention).
6. Stand and rock back and forth on your toes and heels several times a day. (May need to hold on to a chair or cabinet for stability.)

WALKING: Walking is the physiologic cornerstone of AA nerve regeneration. Persons with AA need to take at least two short walks a day (at least 100 feet). Walking upstairs or on a treadmill is excellent.

WEIGHTLIFTING: Lifting a 2-to-5-pound weight is highly recommended twice a day. Simply raising the weight to your body (curls) and raising the weight overhead done on a regular basis will strengthen muscles and other tissues around the lower spine. We believe that light weightlifting done daily will strengthen spinal ligaments and spinal canal cover as well as the arachnoid membrane.